

Screenings and Immunizations for Women

Remember: Recommended preventive health services are covered at no cost to you on all Marketplace plans.

Even if you feel fine, you should still see your health care provider for regular checkups. These visits can help you get the preventive care you need, including screenings and immunizations. Be sure to speak with your doctor or health care provider about creating a personal preventive health care plan tailored to your specific needs.

Screenings by Age

Screenings can help find diseases early when they are easier to treat. They can also help identify other underlying health problems and lower your risk for many conditions, such as heart disease. Below is a checklist of screenings and tests you may need at certain stages of your life.

Age 20-39

- Pap tests every three years to check for cervical cancer
- Blood pressure tests every two years
- Cholesterol tests
- Diabetes screenings, especially if you have high blood pressure
- HIV and other sexually transmitted infection (STI) screenings

Age 40-49

- Clinical breast exam to check for breast cancer
- Pap tests every three years to check for cervical cancer
- Blood pressure tests every two years
- Cholesterol tests
- Diabetes screenings, especially if you have high blood pressure
- HIV and other STI screenings

Age 50-64

- Clinical breast exam once a year and mammograms every two years to check for breast cancer
- Pap tests every five years to check for cervical cancer
- Bone mineral density test, especially if you are at risk for osteoporosis
- Blood pressure tests every two years

- Cholesterol tests
- Diabetes screenings, especially if you have high blood pressure
- HIV and other STI screenings
- Colonoscopy
- Hepatitis C Virus (HCV) infection, especially if you were born between 1945 and 1965, have ever injected drugs or received a blood transfusion before 1992

Age 65 and older

- Clinical breast exam once a year to check for breast cancer and mammograms every two years, recommended until age 75
- Blood pressure tests every two years
- Cholesterol tests
- Diabetes screenings, especially if you have high blood pressure
- HIV and other STI screenings
- Colonoscopy, recommended until age 75
- Hepatitis C Virus (HCV) infection, especially if you were born between 1945 and 1965, have ever injected drugs or received a blood transfusion before 1992

Recommended Immunizations

Much like screening tests, immunizations are an important part of taking care of your overall health. Below is a list of recommended immunizations that you may need. Some vaccines are recommended on a yearly, seasonal and even one-time basis. It is important to check with your doctor about the specific immunizations that are right for you and meet your health care needs.

- Flu vaccine
- Pneumococcal vaccination (PCVone three, PPSVtwo three), especially if you are 65 and older and have never received a pneumococcal shot, received just one shot in the past or received the one or two doses of the vaccine more than five years prior. Talk to your doctor about this vaccine if you are under 65 and have never been vaccinated
- Tetanus-, diphtheria-, and pertussis (whooping cough)-containing vaccination, like the DTP, DTaP, Tdap or Td
- Measles, mumps, rubella (MMR) vaccination
- Human papillomavirus (HPV) vaccination
- Hepatitis A vaccination
- Hepatitis B vaccination
- Chickenpox (varicella) vaccination
- Meningococcal vaccination
- Shingles (zoster) vaccination